

KUNSAN LIVING

Home Cooked Meals

Privacy



Graphic by Staff Sgt. Heather Shelton

By Staff Sgt. Heather Shelton
8th Fighter Wing Public Affairs

Kunsan living can be a big adjustment for servicemembers of all ages. Sharing a bathroom, microwave cooking, not driving, trying to find an available washer or dryer, not being able to hit the drive-thru window of a fast food restaurant at 3 a.m.—these are just a few of the many things people assigned to the Wolf Pack may have to get used to.

With a little creativity and a lot of patience, it is possible to make your living experience on the peninsula bearable. This article is designed to help those poor souls who have never experienced dorm living. Included are a few helpful household hints and tried microwave recipes. Those lucky people who have been through an experience like this before are welcome to submit ideas, suggestions and tips on how to adjust to living on the “ROK.”

Microwave recipes:

Nacho rounds:

1 package (8 oz.) tortilla chips
2 cups shredded Cheddar cheese
1 cup diced green chilies, drained
1 cup (2 1/4 oz.) chopped black olives, drained

Arrange chips on 2 (10 inch) microwave-proof serving plates. Cover each with cheese chilies and olive. Cook on plate until cheese is melted. Recipe makes 4 to 6 servings. Cooking time is

3-5 minutes.

Tortilla Vegetable Pizza:

8 mushrooms, sliced
1 cup green or red peppers, diced
4 scallions (green onions), sliced
1 tablespoon extra virgin olive oil (vegetable oil will work)
4 flour tortillas
1/2 cup tomato paste
1/2 tablespoon basil
1/2 tablespoon oregano
1/8 tablespoon black pepper
1 cup mozzarella, shredded

In small bowl, mix mushrooms, peppers, scallions and oil. Microwave 4 minutes, until vegetables are crisp-tender. Meanwhile, mix the basil, oregano, and pepper in a small bowl. Set aside. Prick surface of tortillas all over with a fork. Place each tortilla between 2 paper towels. Microwave one at a time 1 1/2 minutes, until somewhat crisp.

Place each tortilla on a plate. Spread with 1 tablespoon tomato paste. Sprinkle with 1/4 tablespoon of the spice mixture. Top with 1/4 of the vegetables and sprinkle with 1/4 cup of the cheese. Microwave each tortilla pizza 30-45 seconds, until the cheese is melted. Serves 4.

Beer bread:

2 cups self-rising flour
1 cup flour
3 tablespoon sugar
12 oz beer
1 tablespoon butter, softened

1 tablespoon cornflake crumbs

Mix together all ingredients. Spray a glass loaf pan with cooking spray and sprinkle bottom and sides with crumbs. Spoon batter into pan and top with butter and a light sprinkling of cornflake crumbs. Microwave on medium power for 9 minutes then on high power for 2 minutes.

Helpful hints:

Zipper stuck?

Try rubbing an ordinary pencil over it a few times. The graphite will help it slide smoothly. If that doesn't work, try rubbing a candle over the zipper.

Stains on the underarms of shirts?

Sponge on white vinegar (or soak stain in it); wait 30 minutes. Launder shirts in the hottest water safe for the fabric using an enzyme detergent or a detergent with bleach alternative (check care labels to be sure this is okay).

Blue jeans fading?

Turn inside out and wash in the coolest water possible and dry on lowest heat. Try dry cleaning jeans once every five to six washings to slow down the fading process and keep colors fresh longer.

Bread going bad?

If you want to purchase two or more loaves, keep one loaf in the refrigerator and the rest in the freezer. When the loaf in the refrigerator is reduced to “heels,” put a frozen loaf in the fridge to

defrost overnight. If you don't like your bread slices stiff and cold put it in the microwave on high for 5 seconds for 1 slice and add no more than 3 seconds per slice after that.

Stale chips?

Try refreshing chips and crackers by putting them on a plate and microwaving them for 30 to 45 seconds. Let stand one minute to crisp.

Smelly microwave?

To get of any odors from your microwave oven, chop half a lemon into 4 pieces and put them in a small bowl with a cup of water and boil it for 5 minutes.

Funny tasting veggies?

Do not wrap foods containing natural acids, such as, tomatoes, onions, lemons etc., in aluminum foil. A chemical reaction caused by the combination of acid and the foil can affect the taste of the food. Use plastic wrap instead. Salty foods can cause the foil to rust.

Unpopped kernels?

Before putting a bag of microwave popcorn into the oven, knead it until the lumps are broken. This way, all the kernels will pop.

Bicycle rust?

To clean the rust from bike handlebars and tire rims, make a paste using 6 tablespoons of salt and 2 tablespoons lemon juice. Apply paste to rusted area with a dry cloth and rub. Rinse thoroughly and dry.